

CLIENT EDUCATION

INTRAUTERINE CONTRACEPTION (IUC)

Before using intrauterine contraception, you need to know about all forms of birth control, meaning all prescription, non-prescription, and natural methods. It is important that your questions are answered and that you understand all of the instructions in the manufacturer's insert. It is important that you understand that no method of birth control, except abstinence, is 100% effective against pregnancy or contracting sexually transmitted diseases, including the Human Immunodeficiency Virus (HIV) infection that can lead to the Acquired Immunodeficiency Syndrome (AIDS) disease.

The following benefits, risks/side effects, warning signs, alternatives, instructions, and decision to discontinue use option, regarding the birth control method, intrauterine contraception, were explained to me before I voluntarily decided to use this method of birth control.

BENEFITS:

The IUC is 98 -99% effective. IUCs containing progestin (Mirena®, Skyla®, Liletta®, Kyleena™) may decrease menstrual flow and painful menstrual periods. The IUC provides protection from pregnancy (Paragard® – 10 years; Mirena® – 5 years; Skyla® - 3 years; Liletta® - 3 years; Kyleena™ - 5 years).

If you have any of the following conditions, you should discuss this further with your healthcare provider. The IUD may not be the preferred contraceptive for you.

- ☐ Cirrhosis or liver tumors
- ☐ Breast cancer
- ☐ Serious blood clots in your deep veins
- ☐ Current pelvic infection (PID), (Chlamydia, gonorrhea)
- ☐ Cancer of the uterus, cervix, or ovaries
- ☐ Blood clotting problems or taking medications for clotting problems
- ☐ Vaginal bleeding (undiagnosed – i.e. with no known reason)
- ☐ Wilsons Disease
- ☐ Lupus
- ☐ Ischemic heart disease (current or history of)
- ☐ Pelvic Tuberculosis
- ☐ Solid organ transplant
- ☐ Allergy to copper or silver
- ☐ Uterine fibroids

RISKS/ SIDE EFFECTS

1. Menstrual bleeding changes and/or spotting between periods – very common and will vary with the IUC used
2. Partial or complete expulsion of device – you can become pregnant if this happens
3. Puncturing of the uterus (called perforation) rarely occurs, but sometimes surgery is needed to remove the IUC.
4. Failure of the IUC (pregnancy – either within the uterus or ectopic / tubal pregnancy).

WARNING SIGNS: You need to call your provider if you have any of the following early warning signs develop:

- Delayed or abnormal menstrual period (pregnancy), abnormal spotting or bleeding
- Abdominal pain, pain with intercourse
- Infection exposure (such as gonorrhea), abnormal discharge
- Not feeling well, fever, chills
- String missing, shorter or longer than previously felt.

ALTERNATIVES: There are alternative methods of contraception and you can receive upon request, information about any of those choices and the ability to discuss with your provider whether alternative methods may be a good choice for you.

INSTRUCTIONS: You should check for the IUC string after each monthly period and report to your provider if you cannot feel the strings or if you have another reason to believe that your IUC may have been expelled.

DECISION TO DISCONTINUE USE: You can choose to have the IUC removed at any time. If at the time of removal you want to prevent pregnancy, you can have another IUC inserted or choose to use another method of birth control.